



SAINT JOSEPH'S

Cancer Survivors' Network

June & July 2009

Cancer Survivors' Network Programs

Gentle Yoga Class for Cancer Survivors

Join us as we explore gentle stretching, breathing & meditation



Every Sunday

9:30 AM - 11:00 AM

Saint Joseph's Hospital

5673 Doctors Building - 5th Floor

5673 Peachtree Dunwoody Road, Atlanta GA



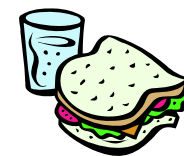
Call Shannon at 404-226-9283 to Register

Led by Shannon Myers, CYT, Certified Yoga Instructor and Cancer Survivor

Do You Want to Volunteer with the Cancer Survivors' Network?

There are many volunteer opportunities for you!

Please call 678-843-5051 for more information.



Lunch & Learns

When: Join us on the 3rd Friday of every month, 11:30 AM-1:00 PM.

Lunch: Free lunch is provided for Lunch & Learns.



SKIN CANCER: WHAT EVERYONE SHOULD KNOW

Friday, June 19th, 11:30 AM - 1:00 PM

Skin cancer risk can often be overlooked when compared to other cancers, but that could be a dangerous oversight. Learn what everyone should know about how to prevent, detect, and treat skin cancers, with a special presentation about Mohs Micrographic Surgery. Presented by Peter C.S. d'Aubermont, MD, Dermatologic Specialist, Mohs Micrographic Surgery, Dermatologic Surgery.

HERBS, SUPPLEMENTS, VITAMINS & YOU!

Friday, July 17th, 11:30 AM - 1:00 PM

We will discuss the safety and efficacy of many herbs, supplements and vitamins and their potential interactions with medications. Presented by Adina Hirsch, PharmD, Nutrition Support Pharmacist, Critical Care Pharmacist, Saint Joseph's Hospital.



SAINT JOSEPH'S
Cancer Survivors' Network

Eating Well, Living Well

Nutrition Education Program



MEN'S HEALTH & WELLNESS CENTER

At Saint Joseph's

*****Change to Program Meeting Schedule*****

This Program Will Now Meet Once a Quarter

Please Watch Future Flyers for Details of Upcoming Programs

When: Once a quarter on the 2nd Tuesday of the month from 6:30 PM - 8:00 PM.

Upcoming 2009 Sessions: May 12th, August 11th & November 10th

Presented by: Cancer Survivors' Network and Men's Health & Wellness Center

LEARNING TO EAT SEASONAL, LOCAL & ORGANIC FOODS

Tuesday, May 12th, 6:30 PM - 8:00 PM

As we enter the summer, when many vegetables and fruits are in season, learn about the benefits of eating seasonal, local, and organic foods. There are resources in your community! Presented by Diane Harris, Ph.D., Georgia Organics.

RSVP, LOCATION & PARKING INFORMATION for Lunch & Learns & Eating Well, Living Well Nutrition Education Program

LOCATION:	Saint Joseph's Hospital - 5665 Peachtree Dunwoody Rd., NE, Atlanta, GA 30342 Carroll Conference & Education Center, located on the ground floor of the main hospital just beyond the cafeteria.
PARKING:	FREE parking in the Cancer Center parking deck. (See the reverse of this flyer for directions.)
COST:	FREE programs.
RESERVATIONS REQUIRED:	Space is limited. Reservations will be accepted on a first come, first served basis. Call the Cancer Survivors' Network at 678-843-5051 or csinfo@sjha.org to register or for questions.